Skincare

10 Ways To Keep Your Skin Calm While Transitioning Off Acne Medication

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Chapter 1: Hydration

Hydration

When coming off a skin product, you must keep your body and skin hydrated with plenty of clean and quality H2O.

The easiest way to stay hydrated is to keep water with you most of the time (if not all of the time).

I keep water by my bed, desk, bathroom, and car.

When I go out to eat, I usually only order water or hot tea (without sugar) as my drink and have a habit of drinking the whole cup and getting refills to stay hydrated while I'm out and about.

Dehydrated skin can exasperate unfavorable conditions during your transition off acne medications.

Facilitate a less hostile environment for your skin by keeping hydration top of mind.

Practical Tips

How I know I'm hydrated:

1. My skin feels smooth (no dry skin).

2. My urine has a slight yellow tint or is clear.

3. My energy levels are solid.

4. My lips aren't chapped.

You get the picture.

Chapter 2: Sugar

Sugar

When I was transitioning off my acne medication, I cut sugar, which I enjoy, but it wasn't worth it during the transition because I needed to prioritize healing, low inflammation, and control the variables my skin was dealing with.

Though sugar won't necessarily break your skin out, it can cause bodily inflammation and stress. Inflammation from processed sugar is never helpful to the skin.

While you're transitioning off your acne medication, limit or eradicate your sugar intake to promote an accelerated healing process, decrease variables that could cause more breakouts, and prevent unnecessary inflammation.

Practical Tips

Things I avoid consuming:

1. Desserts
2. Candy
3. All alcohol
4. Sugary drinks
5. Adding sugar to my drinks
6. Sugary snacks

Chapter 3: Diet

Diet

You are what you eat.

If you eat like sh*t, you're going to feel like sh*t and eventually look like sh*t, too, especially your skin.

I notice when my diet is clean for extended periods, my skin flourishes. It pops, it's smooth, it's glowing, it's on point.

Now, I don't always consume clean foods, but for the most part, my diet is clean. I consume more healthier foods than less healthier foods, and this is the best type of diet. Consume more good sh*t than the not-so-good sh*t.

While transitioning off an acne medication, you want your diet to be relatively clean to mitigate inflammation, decrease inflammatory variables, and promote a solid foundation for clear skin.

Practical Tips

What I decrease my consumption of while transitioning off a skin product:

1. Eating out
2. Processed foods
3. Carbs
4. Sugar
5. Alcohol
6. Highly processed snacks

Chapter 4: Carbs (Extreme Alternative)

Carbs (Extreme Alternative)

I never recommend this (lowering or eliminating carbs) to people, but something I've tried to help mitigate breakouts while transitioning off an acne product is intaking fewer carbs.

What are carbs?

Ultimately, carbs are sugar, and sugar *can* be inflammatory.

I notice when I intake fewer carbs, breakouts during this period are less frequent.

The con about consuming fewer carbs is my energy levels are considerably low until I adjust. But my skin ultimately loves it. Once again, I don't recommend this diet, but consuming fewer carbs *can* help improve your skin because you're intaking less sugar.

People historically intake more carbs (the less healthy ones) versus healthy proteins and fats.

Practical Tips

How my diet looks when I'm eating fewer carbs:

1. High protein

Meats, fish, protein shakes

2. High fats

Nuts, avocados, eggs

3. Lots of raw veggies

Raw arugula

4. Little to no fruit

5. GF oatmeal here and there

That's it!

Chapter 5: Stress

Stress

Stress is the root cause of many health issues, including skin issues.

If you want to make your transition smoother, keep your stress levels low.

How do you do this?

1. Only take on obligations and responsibilities you can successfully manage without too much stress.

2. Avoid stressful people and situations as much as possible.

3. Take care of yourself by engaging in self-care.

4. Set clear boundaries with your time.

5. Stay physically active to release endorphins.

6. Stay hydrated.

7. Routinely consume a clean diet.

8. Routinely meditate and practice deep breathing.

9. Get enough quality sleep each day.

10. Take regular walks.

11. Take breaks from social media, television, and mindless internet scrolling.

Practical Tips

Everything I recommend is what I do to help manage my stress levels.

It's not about avoiding stressors; it's about effective management and juggling everything you have going on.

When transitioning off an acne product, your skin is likely to be disturbed by the disruption, so you want to master and effectively manage your stress, so you're not adding unnecessary variables into the situation.

Chapter 6: Hygiene

Hygiene

Don't skip quality hygiene.

Keep your face clean.

Keep your hands clean.

Keep your fingernails clean.

Always wash your hands before touching your face.

Wash your bedding and pillowcases with gentle detergent.

Keep it all together, clean, and intact for your skin.

Practical Tips

1. Wash your bed 1-2 times per week
2. Wash your towels regularly
3. Always use gentle detergent
4. Always use gentle face wash
5. Don't touch your face
6. Don't allow others to touch your face

7. Keep your phone and other high-touch gadgets sanitized

8. Use speakerphone or headphones when taking calls to avoid touching your face with your phone

Chapter 7: Less Is More

Less Is More

There is always a new hot skin product to try, but you don't need a lot to experience healthy skin.

Some people only use water and have beautiful, healthy skin.

A friend who used to give me facial massages always recommended new products. I was okay with my current routine, though. And though the new products weren't harmful, they were unnecessary. I didn't notice any product results and got bogged down with all the new products added to the routine.

Less is more. Less is best. It's also important not to overload your skin with chemicals and ingredients.

Short. Simple. Sweet. The best way to go.

Practical Tips

Drop as many products from your routine as possible.

Keep it simple.

My routine:

Retinol.

Tea tree.

Face wash.

SPF Moisturizer.

Everything else isn't needed.

Chapter 8: Sleep

Sleep

What is the one thing our body needs more than water and nutrients?

Sleep.

We need time for rest and recovery to repair and heal our bodies.

Healing and repair time for your skin happens when you sleep; and the more you can get, the better.

Get your sleep!

Practical Tips

I aim to get 6-10 hours of sleep daily. When I can't get my ideal amount of sleep (9-10 hours), I take naps and get extra sleep when time allows.

How I Sleep:

No lights.
No sounds.
No television on.

Just pure sleep.

Something else that helps elevate your sleep is meditation and stretching prior to sleeping.

Get a workout and do some walking each day; this will elevate your sleep significantly.

Chapter 9: Visualization

Visualization

Focus on constantly visualizing your skin in a healthy, clear, and balanced state.

Always act like you have clear, healthy, smooth, glowing skin.

If you're usually less confident when you experience a breakout, break through this habit and practice ultimate confidence if you have a breakout.

Experience full confidence, happiness, and secureness at all times. Don't fret or worry about your skin. View yourself in total perfection because that's what you are: perfection.

Practical Tips

1. Close your eyes and visualize yourself with 100% clear, healthy, smooth, glowing skin.

2. Visualize yourself fully transitioned off your acne medication.

3. Visualize yourself using less skin products.

Chapter 10: Practice Patience

Practice Patience

While transitioning off an acne product, you might (more likely than not) experience breakouts and skin upsets because your skin is reacclimating to no longer using the product; this is a normal reaction.

Skin issues and acne can cause insecurity, especially when they're on your face!

But it's not the end of the world. Always remember your skin doesn't define you. And simple pop-ups on your skin are temporary.

You don't need to lose your confidence, personality, and fire just because you're experiencing a breakout.

Enjoy life and practice patience. The transition will be over before you know it.

Just take care of yourself during the process.

Practical Tips

1. When you look in the mirror at yourself, focus on your ideal skin.

2. Speak the affirmation: *I have healthy, perfect, glowing, flawless, smooth, even-toned skin on my entire face and body.*

3. Don't focus on what others think of your skin. Focus on having a good time.

Chapter 11: The Pro of Getting Off

The Pro of Getting Off

Eliminating a skin product and medication from your routine and cabinet is a big win.

Most people are on some form of prescription or medication or using dozens of skin products. If you can eliminate the dependence on a skin prescription or product, it's a big deal!

Historically, acne has notoriously been one of my struggles, but through the years, I knew there were alternative solutions to help facilitate better and healthier skin.

If I can have perfect skin as a kid, I can have it as a teenager or adult.

My primary goal for my skin now is to treat my skin well, along with my body; this includes getting off all unnecessary acne medication to promote less dependence on pharmaceuticals, which is a big win in my book.

But skin is frequently a reflection of habits, environment, and diet. Optimize these three areas, and you will notice positive results with your skin and overall health.

Practical Tips

1. Replace benzoyl peroxide with tea tree oil.

2. Replace facial misters with drinking more water.

3. Leverage non-comedogenic skin products to ensure you don't clog your pores

4. Eat a cleaner and healthier diet. The better your diet, the better your skin.

5. Use the wet and dry sauna to extract impurities from your skin and body.

Thank You For Reading

Thank you for reading this book.

Stay loved, blessed, lucky, favored, aware, joyous, enlightened, and committed to bettering yourself.